

media release

Colorado Department of Agriculture

www.colorado.gov/ag

www.facebook.com/coloradoag

FOR IMMEDIATE RELEASE

June 2, 2014

Contact: Wendy White, (303) 869-9174, Wendy.White@state.co.us

Roses are Red, So are Strawberries

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado strawberries are featured in the **Colorado Strawberry Salsa** recipe.

Available Now...Strawberries

When selecting strawberries, choose shiny, firm berries with bright red color and green caps, and avoid soft or mushy berries. Strawberries are fat free, sodium free and high in vitamin C and folate. Fun Fact! Strawberries are part of the rose family. Look for Colorado strawberries at your local farmers' market or at restaurants across the state.

Colorado Strawberry Salsa

Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District and 5280 Culinary, LLC

4 Cups Strawberries, diced

4 Tbsp. Shallot, diced

2 Cups Grilled Pineapple, diced

1/2 Jalapeno, seeded and diced

1/3 Orange Holland Pepper, seeded and diced

3 Tbsp. Fresh Cilantro, chopped leaves

1 Tsp. Fresh Garlic, minced

1 Lime, juiced

1/4 Cup Olive Oil

Kosher Salt To Taste

Black Smoked Pepper To Taste

Place all ingredients into a large stainless steel mixing bowl and toss lightly to combine. Adjust seasoning with salt, pepper and lime juice as needed. Allow to rest for 30 minutes, covered, in the refrigerator. Toss lightly before serving. Goes great with Colorado Hybrid Striped Bass fish tacos.

Visit www.coloradoagriculture.com for a complete list of recipes.

###